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Mini Newsletter

Calendar of upcoming events:

Sun 9th March Time trial No 5 John Lisica's) **8.00 a.m.** Meet at Clubrooms. **Be early.**
Sunday 9th March. After Sunday mornings paddle **Bike ride** or Coffee or both. Contact Neil Tattersall 9774 7019
Sat 15th & Sun 16th March. Volunteers needed! Essendon Canoe Club Woods st Ascot vale, for the Schools Championships Sprint on Saturday, Marathon on Sunday. Ring Alan Opie (Details at top of page).
Sat 22 March (Essendon) Victorian Marathon Championships. Day One. **Sat 23 March** (Footscray) Day two. Put your name down. You will enjoy paddling the Maribrynong river.

Welcome to the club: New members: Steve & Sarah Rose, Nicholas Cunningham, Rhys Cole, Please make them welcome.

Name change. We have changed the name of this newsletter from Bi Weekly to Mini.
Why ? Because it's very hard trying to make up stuff every two weeks when there are no contributors. Please help with your stories etc.

Training times

Mara / Sprint Sunday 8.00 a.m. Meet at clubhouse.
Steve Vegh's group Tues & Thursday morning. Meet at clubhouse. If you are into getting up with the Roosters then this could be for you.
Alan Opie New paddlers Come & Try Tues & Thurs. 4.30 p.m. By appointment.
Touring Meet at clubrooms Saturdays 1.15 p.m. After paddle cuppa upstairs.
The "Morning Glory" Again at "Rooster time" Give Marc Lionnet a ring to find out more 0419889313
Other: We have paddlers in the club that work odd hours. If you are one of these let's hear from you so we can spread the word and get you a paddling partner.

Check out the clubs new web site: Jason Ceddia has spent many hours developing the site. Thanks Jason. **NEEDED: Any ideas to make it better.** There are links to most things that we do. It's up to us to provide photos stories items memorabilia etc
jason.ceddia@gmail.com

'WANTED: Photos of our paddlers at the **N.S.W. Sprint & Oceana Championships.** They are on the web site but can't make out who is who.
Alan O the Editor

Canoe Innovations

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Sprint: Check out the great results attained by our paddlers at the recent N.S.W. Championships. The results are on the wall as you walk in through the green door. Well done to all.
Will get the Oceanas up ASAP.

Last Sunday's after training bike ride. Starting at the clubhouse through the back blocks of Seaford and Kananook. Then onto the Nepean highway. Riding into a gentle head wind (breeze) it was pretty easy going. Of course Olivers Hill has to be climbed. As Cadel say's "Hills never get easier, The destination is again Mt Elisa. On arrival we decide we haven't done enough to deserve coffee so will partake of a brew back at Carrum. Three peddlers today, Neil Tattersall, Andrew Morrison and Alan Opie. Andrew put in a burst of speed that left us wallowing in the dust. Not sure what's in his drinking bottle.
Denis Opie is back in training after his Kidney op. Other regulars George and Greg were doing other things today. Or so they say.

Newsletter: The big version of the clubs newsletter will be ready shortly:
If you have any photos, stories etc please send them to me. alanopie5@bigpond.com

5rd Club time trial; We now have a standard course & two lovely RED buoys to help us so we don't get lost. Come and have a go. You just have to paddle as best as you can.

Joke: This bloke is walking with his friend, who happens to be a psychologist. He says to this friend, "I'm a walking economy."

His friend asks, "how so?"

"My hair line is in recession my stomach is a victim of inflation, and both of these together are putting me into a deep depression!"

New Ergo:

Our new ERGO has arrived accompanied by a bag of spares.

Cameron McGill will be putting it together in the next few days.

Cameron will be repairing any of the other machines that need a repair.

He could need a hand.



Peddlers at P/Lakes prior to setting off to Safety beach for Phils big bike ride